

I claim:

1. A method for self-directing by touch a dose of liquid to be applied at a spot, comprising:
 - a. having an applicator comprising a sheath having a tip with a hole and, associated with the hole, a tactile surface, the applicator containing a liquid inside the applicator;
 - b. by feeling the tactile surface contacting touch sensitive tissues, placing the tip of the applicator along side a spot where liquid is to be delivered; and
 - c. activating the applicator, thereby releasing liquid from the hole onto the spot.
2. The method of claim 1 wherein the tactile surface surrounds the hole.
3. The method of claim 1 wherein the tactile surface is beside the hole.
4. The method of claim 1 wherein the tactile surface is on an opposite side of the tip from the hole.
5. The method of claim 1 wherein the tactile surface is absorbent.
6. The method of claim 1 wherein the liquid is enclosed by a thin-walled packet.
7. The method of claim 6 wherein the packet is made of thermoplastic.
8. The method of claim 1 wherein the liquid is delivered in a mouth for treating a mouth ulcer.
9. The method of claim 8 wherein the liquid is a film forming gel.

10. An applicator with a tactile surface, comprising:
 - (a) a sheath having an interior cavity and a tip with a hole communicating with the cavity and,
 - (b) associated with the hole, a tactile surface.
11. The applicator of claim 10 wherein the tactile surface surrounds the hole.
12. The applicator of claim 10 wherein the tactile surface is beside the hole.
13. The applicator of claim 10 wherein the tactile surface is on an opposite side of the tip from the hole.
14. The applicator of claim 10 wherein the tactile surface is absorbent.
15. The applicator of claim 10 further comprising an adjustable stop that adjusts a maximum depth that a plunger extends into the sheath, thereby adjusting a cavity remaining in the tip when the head of the plunger reaches the maximum depth.
16. The applicator of claim 15 wherein the stop comprises a set of movable detents affixed to at least one side of the sheath, each detent being movable from a starting position that does not restrain movement of the plunger to a set position that limits movement of the plunger in the sheath.
17. The applicator of claim 16 wherein the detents are each molded into the at least one side of the sheath as an integral molded unit with the sheath.
18. The applicator of claim 10 wherein the sheath is non-round in cross section.
19. The applicator of claim 18 wherein the sheath has an ovoid exterior cross section.

20. A method for delivering a dose of liquid at a spot, comprising:
- a. having an applicator comprising a sheath having a tip with a hole and a plunger having a head, the applicator containing a packet of liquid in a cavity defined by an interior surface of the tip and the head of the plunger;
 - b. placing the tip of the sheath along side a spot where liquid is to be delivered; and
 - c. pressing the plunger into the sheath, thereby rupturing the packet and forcing liquid from the packet out the hole onto the spot.
21. The method of claim 20 wherein the packet is made of thermoplastic.
22. The method of claim 20 wherein the liquid is delivered in a mouth for treating a mouth ulcer.
23. The method of claim 22 wherein the liquid is a film forming gel.
24. An applicator with a rupturable packet of liquid, comprising a sheath having a tip with a hole and a plunger having a head, the applicator containing a packet of liquid in a cavity defined by an interior surface of the tip and the head of the plunger.
25. The applicator of claim 24 wherein the packet is made of thermoplastic.
26. The applicator of claim 24 further comprising an adjustable stop that adjusts a maximum depth that the plunger extends into the sheath, thereby adjusting a cavity remaining in the tip when the head of the plunger reaches the maximum depth.
27. The applicator of claim 26 wherein the stop comprises a set of movable detents affixed to at least one side of the sheath, each detent being movable from a starting position that does not restrain movement of the plunger to a set position that limits movement of the plunger in the sheath.

28. The applicator of claim 27 wherein the detents are each molded into the at least one side of the sheath as an integral molded unit with the sheath.

29. The applicator of claim 24 wherein the passage and plunger head are non-round in cross section.

30. An applicator, comprising:

a. a sheath having a tip, an open end opposite the tip, and a straight passage having a length exceeding 90 millimeters and a substantially constant cross section with a maximum diameter less than 9 millimeters connecting the open end with a hole through the sheath in a side of the tip, the hole leading to an orifice in a surrounding outer surface of the tip, the surface extending at least 2 millimeters in every direction around the orifice and, within said 2 millimeters, having less curvature than a radius of 4 millimeters, the surface generally at an angle with the passage between 0 and 45 degrees; and

b. a plunger at least as long as the passage, the plunger having a head that fits through the passage from the open end to the tip of the sheath beside the hole.

31. The applicator of claim 30 further comprising an adjustable stop that adjusts a maximum depth that the plunger extends into the sheath, thereby adjusting a cavity remaining in the tip when the head of the plunger reaches the maximum depth.

32. The applicator of claim 31 wherein the adjustable stop comprises a threaded nut surrounding the plunger and engaging threads on the plunger.

33. The applicator of claim 31 wherein the adjustable stop comprises a set of protrusions from a side of the plunger, each protrusion weakly adhered to the plunger so that it may be easily displaced with fingers to allow the plunger to pass into the sheath where the protrusion is attached.

34. The applicator of claim 31 wherein the stop comprises a set of movable detents affixed to at least one side of the sheath, each detent being movable from a starting position that does not restrain movement of the plunger to a set position that limits movement of the plunger in the sheath.

35. The applicator of claim 34 wherein the detents are each molded into the at least one side of the sheath as an integral molded unit with the sheath.

36. The applicator of claim 36 wherein the passage and plunger head are non-round in cross section.

37. The applicator of claim 36 wherein the passage and plunger head are ovoid in cross section.

38. The applicator of claim 30 further comprising a tactile surface on the tip associated with the hole.

39. The applicator of claim 38 wherein the tactile surface is an absorbent pad.